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SUGGESTED READINGS; A PARTIAL LIST

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ADHD

Driven to Distraction by Edward M. Hallowell, M.D. and John J. Ratey, M.D.

You Mean I'm Not Lazy, Stupid or Crazy? by Kate Kelly and Peggy Ramundo

ANGER

The Anger Workbook by Les Carter and Frank Minirth

Anger Kills by Redford Williams, M.D. and Virginia Williams, M.D.

Imperative People by Les Carter, Ph.D.

Anger is a Choice by Tim Lattaye and Bob Phillips

ANOREXIA/BULIMIA

The Thin Disguise by Pam Vredevelt, Frank Minirth and Debra Newman

Conquering Eating Disorders by Robert S. McGee and William Drew Mountcastle

ANXIETY/WORRY

Worry Free Living by Frank Minirth and Paul Meier

The Worry Workbook by Frank Minirth and Les Carter

The Anxiety Cure by Archibald Hart

How to Stop Worrying and Start Living by Dale Carnegie

ASSERTIVENESS

Speak Up! Christian Assertiveness by Randolph Sanders and H. Newton Mahony

BLENDED FAMILIES

Blended Families by Maxine Marsolini

CODEPENDENCY

Boundaries in Marriage by Dr. Henry Cloud and Dr. John Townsend

Boundaries: When to say yes; When to say No; To Take Control of Your Life by Dr. Henry Cloud and Dr. John Townsend

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People Pleasers by Les Carter

Co-Dependency: Breaking Free from Hurt and Manipulation of Dysfunctional Relationships by Pat Springle

The Enabler; When Helping Hurts the Ones You Love by Angelyn Miller

Safe People by Henry Cloud and John Townsend

Codependent No More by Melody Beattie (Amazon.com: \$3.97)

Beyond Codependency and Getting Better All the Time by Melody Beattie

Rapha's 12-Step Program for Overcoming Codependency by Pat Springle (Amazon.com: \$4.68)

Conquering Co-Dependency: A Christ-Centered 12-Step Process by Dale W. McCleskey & Pat Springle

Adult Children of Alcoholics by Janet Geringer Woitity, Ed.D.

Al-Anons Twelve Steps and Twelve Traditions

Addictive Relationships by Joy Miller

Love is a Choice: Recovery for Co-Dependent Relationships by Frank Minirth, Paul Meier and Robert Hemfelt

Can Christians Love Too Much? by Margaret J. Rinch

DEPRESSION

The Freedom From Depression Workbook by Frank Minirth and Les Carter

Telling the Truth to Troubled People by William Backus, Ph.D.

Telling Yourself the Truth by William Backus, Ph.D.

Happiness is a Choice by Minirth and Meier

Feeling Good, the New Mood Therapy by David Burns

Getting Undepressed by Gary Emory, Ph.D.

DIVORCE

Fresh Start Divorce Recovery Workbook by Thomas Whiteman and Bob Burns

Helping Children Survive Divorce by Archibald Hart

DYSFUNCTIONAL FAMILIES

Toxic Parents by Dr. Susan Forward

Secrets of Your Family Tree: Healing for Adult Children of Dysfunctional Families by Dave Carter

Hiding from Love by John Townsend

Traits of a Healthy Family by Delores Curran

The Family by John Bradshaw

Release From Shame: Recovery for Adult Children of Dysfunctional Families by Sandra Wilson

Healing the Shame That Binds You by John Bradshaw

Hurt People, Hurt People by Sandra Wilson

EMOTIONS

Search for Significance by Robert McGee

Mood Swings by Frank Minirth, Paul Meier and Steven Arterburn

The Lies We Believe by Dr. Chris Thurman

Healing of Memories by David Seamans

Healing for Damaged Emotions by David Seamans

Making Peace with Your Past by Norman Wright

The Feeling Good Handbook by David Burns

Rapid Relief From Emotional Distress by Gary Emory

Mind Over Emotions by Les Carter

Feeling Good about Your Feelings by Barry Applewhite

Why Be Lonely? By Frank Minirth & Les Carter

EXTRAMARITAL AFFAIRS

Love Must Be Tough by James C. Dobson

The More You Know; Getting the Evidence and Support You Need To Investigate a Troubled Relationship by Bill Mitchell

Torn Asunder: Recovering From Extra Marital Affairs by Dave Carter

Broken Vows: How to Put the Pieces of a Marriage Back Together by Les Carter

Surviving an Affair by Willard F. Harley and Jennifer Harley Chambers

Back From Betrayal by Jennifer P. Schneider, M.D.

The Passages of Marriage by Frank Minirth and Paul Meier

Private Lies by Frank Pittman

FINANCES

Total Money Makeover by Dave Ramsey

Rich Dad, Poor Dad by Robert Kiyosaki

FORGIVENESS

When You Can't Say I Forgive You by Grace Ketterman and David Hazard

The Choosing to Forgive Workbook by Les Carter and Frank Minirth

Forgive and Love Again: Healing Wounded Relationships by Thomas Thompson and John Nieder

Forgive and Live Again by John Neider and Thomas Thompson

Forgiveness by Sidney Simond and Suzanne Simond

GRIEF/LOSS

When God Doesn't Make Sense by James Dobson

Confessions of a Grieving Christian by Zig Zigler

Good Grief by Granger E. Westberg

Where is God When it Hurts? by Philip Yancy

GROWTH

Changes That Heal by Henry Cloud

How People Grow by Henry Cloud and John Townsend

The Road Less Traveled by M. Scott Peck

Life Strategies by Phillip McGraw

MARRIAGE

Soul Healing Love by Tom and Beverly Rodgers

His Needs, Her Needs by William F. Harley, Ph.D.

The Five Languages of Love by Gary Chapman

Love Busters by Willard F. Harley

Men are from Mars and Women are from Venus by Dr. John Gray

Relationship Rescue by Phillip McGraw

Getting The Love You Want by Harville Hendrix

Traits of a Lasting Marriage by Sally and Jim Conway

Communication: The Key to Your Marriage by Norman Wright

Love is a Decision by Gary Smalley and John Trent, Ph.D.

Sacred Marriage by Gary Thomas

Love Life by Ed Wheat

The Marriage Builder by Larry Crab

Push Pull Marriage by Les Carter, Ph.D.

Pillar to Marriage by H. Norman Wright

Maximum Marriage by Tim Timmons

PARENTING

The New Dare to Discipline by James Dobson

Parenting Isn't For Cowards by James Dobson

She Calls Me Daddy by Robert Wolgemuth

PERFECTIONISM

Martha to the Max; Balanced Living for Perfectionists by Debi Stack

Living With a Perfectionist by David Stoop

Why do I Put so Much Pressure on Myself? by Kathy Collard-Miller

PRE-MARITAL

Finding the Love of Your Life by Neil Clark Warren, Ph.D.

Preparing for Your Marriage by William McRae

Getting Ready for Marriage by David Mace

PSYCHOLOGICAL PROBLEMS

Stop Walking on Eggshells by Randi Kreger

Why I'm Afraid to Tell You Who I Really Am by John Powell, Ph.D.

People of The Lie by M. Scott Peck

SEXUAL ABUSE

The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse by Dan B. Allender

On The Threshold of Hope : Opening the Door to Healing for Survivors of Sexual Abuse by Diane Mandt Langberg

Sex Abuse: Beyond the Darkness by Cynthia Kubetin and James Mallory

Caring for Sexually Abused Children by R. Timothy Kearney

SEXUAL PROBLEMS / ADDICTIONS

Intended for Pleasure by Ed and Gaye Wheat

A Celebration of Sex by Douglas Rosenau

L.I.F.E. Guide for Men by Mark Laaser (order at www.freedomeveryday.org or call 866-408-5433)

L.I.F.E. Guide for Young Men by Richard Blankenship (order at www.freedomeveryday.org or call 866-408-LIFE {5433})

Faithful and True: Sexual Purity in a Fallen World by Mark Laaser

Surviving an Affair by Willard F. Harley and Jennifer Harley Chambers

Back From Betrayal by Jennifer P. Schneider, M.D.

In The Shadows of The Net: Breaking Free of Compulsive Online Sexual Behavior by Patrick Carnes

The Seven Desires of Every Heart by Mark and Debbie Laaser

Talking to Your Kids About Sex and The Pornography Trap by Mark Laaser

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WOMEN IN A RELATIONSHIP WITH A PORNOGRAPHY / SEX ADDICT

L.I.F.E Guide for Spouses by Melissa Haas (order at www.freedomeveryday.org or call 866-408-5433)

Shattered Vows by Debbie Laaser (help and hope for women struggling in relationship with loved one who is acting out sexually or has a sexual addiction)

Mending A Shattered Heart by Stefanie Carnes

Women Who Love Sex Addicts by Douglas Weiss & Diane DeBusk

Living With Your Husband's Secret Wars by Marsha Means